

Clean Sources of Plant-Based Protein

- ¼ cup black-eyed peas (cooked): **13.5 grams**
- ½ cup edamame (cooked): **13 grams**
- ½ cup quinoa (cooked): **12 grams**
- 1 tbsp spirulina (dried): **12 grams**
- 3 tbsp hulled hemp seeds: **10 grams**
- 1 oz sprouted hulled watermelon seeds: **10 grams**
- 1 tbsp hulled pumpkin seeds: **9 grams**
- ½ cup adzuki beans (cooked): **9 grams**
- ½ cup pinto beans (cooked): **8 grams**
- ½ cup navy beans (cooked): **8 grams**
- ½ cup black beans (cooked): **8 grams**
- 1 baked potato (large): **8 grams**
- ½ cup chickpeas (cooked): **7.5 grams**
- 1 oz peanuts: **7 grams**
- 1 tbsp hulled white sesame seeds: **7 grams**
- 1 tbsp hulled brown flaxseeds: **6 grams**
- 3 tbsp whole hazelnuts: **6 grams**
- 1 tbsp hulled sunflower seeds: **6 grams**
- 2 tbsp whole chia seeds: **6 grams**
- 1 tbsp whole golden flaxseeds: **6 grams**
- 1 oz almonds: **6 grams**
- 1 oz pistachios: **6 grams**
- ½ cup wheat berries (cooked): **6 grams**
- 1 oz cashews: **5 grams**
- 1 oz hazelnuts: **5 grams**
- 1 oz walnuts: **4.5 grams**
- 1 baked sweet potato (large): **4 grams**
- ½ cup green peas (cooked): **4 grams**
- 1 tbsp fresh peanut butter: **4 grams**
- ½ cup wild rice (cooked): **4 grams**
- ½ cup oatmeal: **3.5 grams**
- ½ cup couscous (cooked): **3.5 grams**
- 1 oz pecans: **3 grams**
- 2 tbsp wheat germ: **3 grams**
- 1 sprouted whole grain tortilla (taco size): **3 grams**



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